



DEPARTMENT OF THE NAVY

NAVAL MEDICAL EDUCATION AND TRAINING COMMAND
8901 WISCONSIN AVENUE
BETHESDA, MARYLAND 20889-5611

NAVMEDEDTRACOMINST 6110.1
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NAVMEDEDTRACOM INSTRUCTION 6110.1

From: Commander

Subj: PHYSICAL READINESS AND HEALTH PROMOTIONS PROGRAM

Ref: (a) OPNAVINST 6110.1G
(b) OPNAVINST 6100.2
(c) NAVPERS 15560C
(d) OPNAVINST 5100.23F
(e) SECNAVINST 5100.13C
(f) BUMEDINST 6110.13

Encl: (1) NMETC PFA Flowchart

1. Purpose. To implement the Physical Readiness and Health Promotions Program for personnel assigned to the Naval Medical Education and Training Command, Bethesda, Maryland, and provide the procedures by which these programs will be administered.

2. Cancellation. NSHSBETHINST 6110.4A
NSHSBETHINST 6100.2

3. Applicability. This instruction applies to all personnel assigned to Naval Medical Education and Training Command, Bethesda, Maryland.

4. Background. References (a) through (c) establish the provisions of the Navy's Physical Readiness Program. This program is designed to maintain a high state of physical readiness and is essential to ensuring operational effectiveness. References (d) through (f) define the Navy Occupational Health Program. Health Promotion and Wellness is a key element of this program. It is estimated that 50 percent of all deaths and illnesses in the United States relate directly to unhealthy lifestyle habits primarily attributes poor diet, lack of exercise, alcohol abuse, smoking, and unmanaged stress. When applied, health promotion principles foster physical and emotional well being. All personnel are ultimately responsible for their own lifestyle choices and physical readiness; however, positive lifestyle and behavior changes can result in better

health and an enhanced quality of life. Promoting healthy lifestyles yields healthier, happier, and more productive work force.

5. Policy. All members of the NMETC staff are encouraged to maintain a healthy lifestyle. A healthy lifestyle improves the performance of all individuals, civilian and military, and benefits the command. Each person's potential to function at peak levels of performance is optimized with a healthy body and alert mind. Increased job performance, lower health care costs, decreased absenteeism, reduced turnover, and reduced levels of stress are but a few of the obvious benefits of a Command Physical Readiness and Program. The goal is to support a wellness program that optimizes access to wellness activities and develops life-long commitments to healthier lifestyles, and it is the responsibility of each individual to achieve and maintain the highest standard of physical readiness through a healthy lifestyle that includes proper diet and exercise.

a. All active duty members are expected to participate in physical exercise at least three times per week as outlined in reference (a). Recognizing the varying schedules of staff members and students, no command-wide specific times for performing physical training will be established. The end result of this policy shall be to conduct physical exercise three times per week for all military personnel, any time during the day the individual can schedule it without adversely impacting the ability of the command to fulfill its mission. Training coordinators are authorized to schedule group training, as necessary.

b. Civilian personnel are not required to participate in physical training, but are welcome to participate at the discretion of their immediate supervisor.

c. The Command Physical Readiness and Health Promotion Program must include personal fitness/conditioning, nutrition and weight control, tobacco-use education/prevention/cessation, stress management, high blood pressure identification, and low back injury prevention. Health Promotions programs will be offered in conjunction with National Naval Medical Center, Bethesda Health Promotions Department, to include:

(1) Alcohol and Drug Abuse Prevention and Control prevent substance abuse and addiction, address early intervention, and provide drug and alcohol rehabilitation.

(2) Physical Fitness and Sports to establish healthy and active lifestyles.

(3) Tobacco Use Prevention and Cessation to support abstinence and discourage the use of tobacco products.

(4) Nutrition Education and Weight/Fat Control to develop and implement programs to achieve and maintain an optimal level of nutritional health.

(5) Stress Management and Suicide Prevention to develop adaptive and coping skills to better deal with stress.

(6) Hypertension Screening, Education, and Control to provide early hypertension identification.

(7) Back Injury Prevention to educate, train and reduce the incidence of back pain and associated injuries.

6. Responsibilities

a. Commander shall:

(1) Support the Physical Readiness and Health Promotions Program.

(2) Ensure that physical fitness and wellness education is provided through General Military Training.

(3) Appoint a Command Fitness Leader (CFL) and Health Promotion Officer (HPO), per the guidelines in references (a) and (b), respectively.

(4) Make physical training a part of the weekly routine for all members not excused by a medical authority.

b. Command Fitness Leader (CFL) shall:

(1) Recruit assistant Command Fitness Leaders from each Directorate, ensuring that each assistant is Cardiopulmonary Resuscitation (CPR) certified, within PFA standards and a non-tobacco user.

(2) Administer the Physical Readiness Program and testing cycles.

(3) Ensure Physical Activity Risk Factor Screening and Physical Fitness Assessment (PFA) results are accurately maintained in the Physical Readiness Information Management System (PRIMS).

(4) Initiate administrative action on any member failing to maintain physical fitness standards.

(5) Supervise the Fitness Enhancement Program (FEP), ensuring that personnel who fail any element, or receive an overall score of Probationary on the PFA, shall be immediately assigned to the Fitness Enhancement Program.

(6) Advise the chain of command on all physical readiness program matters to include:

(a) Report overall command fitness levels and identify individuals who fail to participate in any aspect of the Physical Readiness Program.

(b) Identify all command members who need assistance in meeting physical readiness standards.

(7) Ensure positive recognition of outstanding PFA performance and individuals who achieve significant improvement (i.e. individuals who manage significant weight loss and are removed from the Fitness Enhancement Program). Recommend a 3-day special liberty to all staff personnel achieving an outstanding score on the PFA (approved at the Directorate level via a special request chit routed through their chain of command)

(8) Assume the responsibilities of Health Promotion Officer, as per reference (b).

c. Assistant Command Fitness Leaders shall:

(1) Maintain current cardiopulmonary resuscitation certification.

(2) Ensure that all personnel within their directorate/department fulfill the physical examination requirements and complete the Physical Activity Risk Factor Questionnaire (PARFQ) on web-based PRIMS as stipulated in reference (a).

(3) Ensure members not meeting physical readiness standards participate in the FEP.

d. Individual Service Members shall:

(1) Develop a personal fitness program that promotes optimal health and physical fitness. The program shall consist of an aerobic conditioning program for a minimum of three times per week. The aerobic conditioning program consists of:

(a) 30-40 minutes of activity, 20 minutes of aerobic activity preceded by a warm-up and followed by a cool-down period.

(b) Team sports are encouraged for camaraderie and esprit de corps, but are not to be substituted for the aerobic exercise period required by reference (a).

(2) Participate in all PFA cycles. Non-participation in any official test cycle will constitute a "FAILURE" and will result in the member being placed in the FEP.

(3) Notify the Command Fitness Leader within five working days after confirmation of pregnancy.

(4) Maintain an exercise regimen when traveling.

(5) Receive an annual Physical Health Assessment (PHA) during birth month.

e. Health Promotion Officer shall:

(1) Participate as part of the Wellness Committee at NNMC to help design health promotion educational programs, increase knowledge of and motivate individuals to seek and maintain healthy lifestyle behaviors, and promote disease prevention awareness and activities.

(2) Integrate and coordinate with other local commands to provide the fullest possible wellness program.

f. Safety Officer shall ensure that individuals participating in the physical fitness component of the Wellness Program are using the appropriate safety equipment and exercising in a safe manner.

7. Physical Readiness Program Requirements. The Physical Fitness Assessment cycle consists of the Physical Activity Risk Factor Questionnaire (PARFQ), Body Composition Assessment (BCA), and Physical Readiness Test (PRT).

a. PARFQ is updated annually by each member using web-based PRIMs.

b. Body Composition Assessment (BCA)

(1) All military personnel shall have an official Body Composition Assessment performed during each PFA cycle. The BCA is based on enclosure (b) of reference (a).

(2) Height and weight measurements shall be completed within 10 days of, but absolutely not less than 24 hours prior to member's participation in the PRT.

(3) Members who exceed the height and weight standards will be measured on the same day using the circumference method (tape measurement).

(4) The Command Fitness Leader, along with designated assistant CFL's, shall perform all official BCA measurements.

c. Physical Readiness Testing (PRT)

(1) The official PRT shall be conducted twice each year as per reference (a). Additional quarterly tests may be conducted, but only the tests conducted in October and May will be considered the official testing cycles. Any other tests conducted will be unofficial. To assure that all recorded results are correct, members will initial by their recorded results the day of participation in the PRT.

(2) Only official results will be documented on fitness reports and performance evaluations.

(3) Command members who have been on board 10 weeks or less prior to any official PFA, are not required to be tested. Students attached to this command for more than 10 weeks shall participate in the PFA. Students not attached to this command for at least 10 weeks will not be tested and will have their last official PFA used for administrative reporting purposes. All students, regardless of their length of training, are required to participate in physical training at least three times per week.

(4) During the PRT, members who are observed performing an exercise incorrectly, will be given two warnings by the CFL or designated monitors. After two warnings, the member will be instructed to stop and only the number of properly performed push-ups or sit-ups will be counted.

8. Fitness Enhancement Program. This program will establish a command-wide health awareness/physical fitness program for personnel identified as exceeding weight/measurement standards and/or for those personnel failing any portion of the PFA or receiving a score of "probationary" on any part of the PRT. This structured, supervised program will provide the opportunity to improve physical conditioning through proper nutrition and fitness training.

a. Members meeting the following criteria will be placed on the Fitness Enhancement Program and will remain on the program until members pass two consecutive PFAs with BCA below age adjusted standards and PRT performance of "Good-Low" or better on all events:

- (1) PFA failure
- (2) A score of Probationary on any event
- (3) Failure to participate in any PFA cycle
- (4) Out of body fat standards
 - (a) Males -equal to or greater than 22%
 - (b) Females -equal to or greater than 33%

b. Members not meeting body fat or PFA standards are subject to administrative actions, as outlined in reference (a). All personnel failing to meet standards or scoring probationary on any PRT event, will receive written notification of placement on the FEP.

c. Program requirements:

(1) All personnel assigned to the Command Fitness Enhancement Program shall:

(a) Meet with the Command Fitness Leader for counseling regarding the remedial program and its components.

(b) Perform physical conditioning, as directed by the Command Fitness Leader.

(c) Participate in monthly Physical Fitness Assessments, to include Body Composition Assessment (BCA) and PRT.

(2) Removal from this program will require satisfactory completion of two official PFAs. Successful completion will warrant a Page 13 entry or Letter of Notification to document successful completion of the program.

(3) At the completion of this program, members who do not meet PRT and/or measurement standards will be referred for a medical evaluation and possibly a BUMED approved weight management program. Members may also be:

(a) Continued in the Command Directed Fitness Enhancement Program.

(b) Referred to a more intense conditioning program.

9. Action

a. Each member of the command shall be familiar with the Physical Readiness and Health Promotion Programs.

b. School staff shall participate in all scheduled student fitness activities including fitness testing ensuring that "leadership by example" is firmly in place.

c. Directors and department heads are encouraged to be creative in facilitating individual and/or group efforts to complete physical training at least three times per week.



W. THOMAS NUNNS
Acting

Distribution:
List I & II

